



## KEEP YOUR CHILD SAFE FROM THE SUN!

As we approach the Summer months we would like to remind you of Sun Safety. What does the research say?

- **Getting sunburnt in Childhood can increase the risk of skin cancer**
- **Most sun exposure happens to children under 18 years**
- **Tanned skin is damaged skin?**

Take care in Ireland and abroad. Believe it or not UV damage from Irish weather is just as harmful.

### Who is at greatest risk?

#### Children with:

- Fair, pale or freckled skin
- Red or fair hair
- Blue, green or grey eyes
- Moles

### Preparing Children for the Sun

- Find a hat with a wide brim that gives shade to the face, neck and ears.
- A tie under the chin may stop them from taking it off.
- It is important that children, as soon as they can, wear wrap-around sunglasses that give UV protection.
- Only use sunscreen on those areas of the skin that cannot be protected by clothes or a hat.
- Use Sunscreen with SPF 30 or higher and UVA protection.
- Choose a sunscreen (sprays, lotions, creams and mists) that the child likes using.
- Put plenty of it on dry skin 20 minutes before they go outside and reapply every two hours.
- As far as it is possible try to plan outdoor events so that children can be in the shade when UV rays are at their strongest, which in Ireland is from 11am to 3pm.
- Get to know the UV Index. It will help you decide the type of sun protection to use.

### Babies

- You should keep babies under six months in the shade.
- Use extra shade for prams, strollers as needed.
- Make sure the shade casts a dark shadow.
- Make sure babies are covered up in clothes that do not allow sunlight through.
- Small amount of sunscreen on the areas not covered with clothes.
- Choose a sunscreen that is made for children and babies. Make sure to patch test it on their skin first. If their skin reacts to the product stop using it straight away, and try a different brand.

